


ADMINISTRATIVE MANAGEMENT GUIDELINE

 <p>Deer Valley Unified School District</p>	Process Name:	Heat Advisory
	Key Strategic Priority:	1
	Reference:	Choose an item.
	Reference Link:	
	Function:	Administrative Leadership & Services

Overview

DVUSD heat advisory precautions are designed to protect students from incurring heat related illnesses or problems. This is a guide for personnel to use and refer to when making decisions or modifying and/or suspending outdoor activities. The best defense against heat-related conditions is prevention.

School Administration at each site will designate a staff member and an alternate (e.g. PE Teacher, secretary, media specialist, nurse, etc.) to access www.weather.com to obtain accurate heat index predictions for the day as early as 7:30 each morning. This website provides a hourly forecast for the day. A heat index reading should be obtained prior to participation of outside activities.

The school will consult the heat index chart from the National Weather Service (below) at the time of the activity and direct outdoor activity according to the recommendation table. Outdoor activities include physical education class, lunch and lunch recess. If your cafeteria is unable to accommodate all students the shaded ramada area is acceptable.


School nurses will be consulted for all students with medical conditions that dictate limited exposure to heat.

DATE ADOPTED: 9/16/13

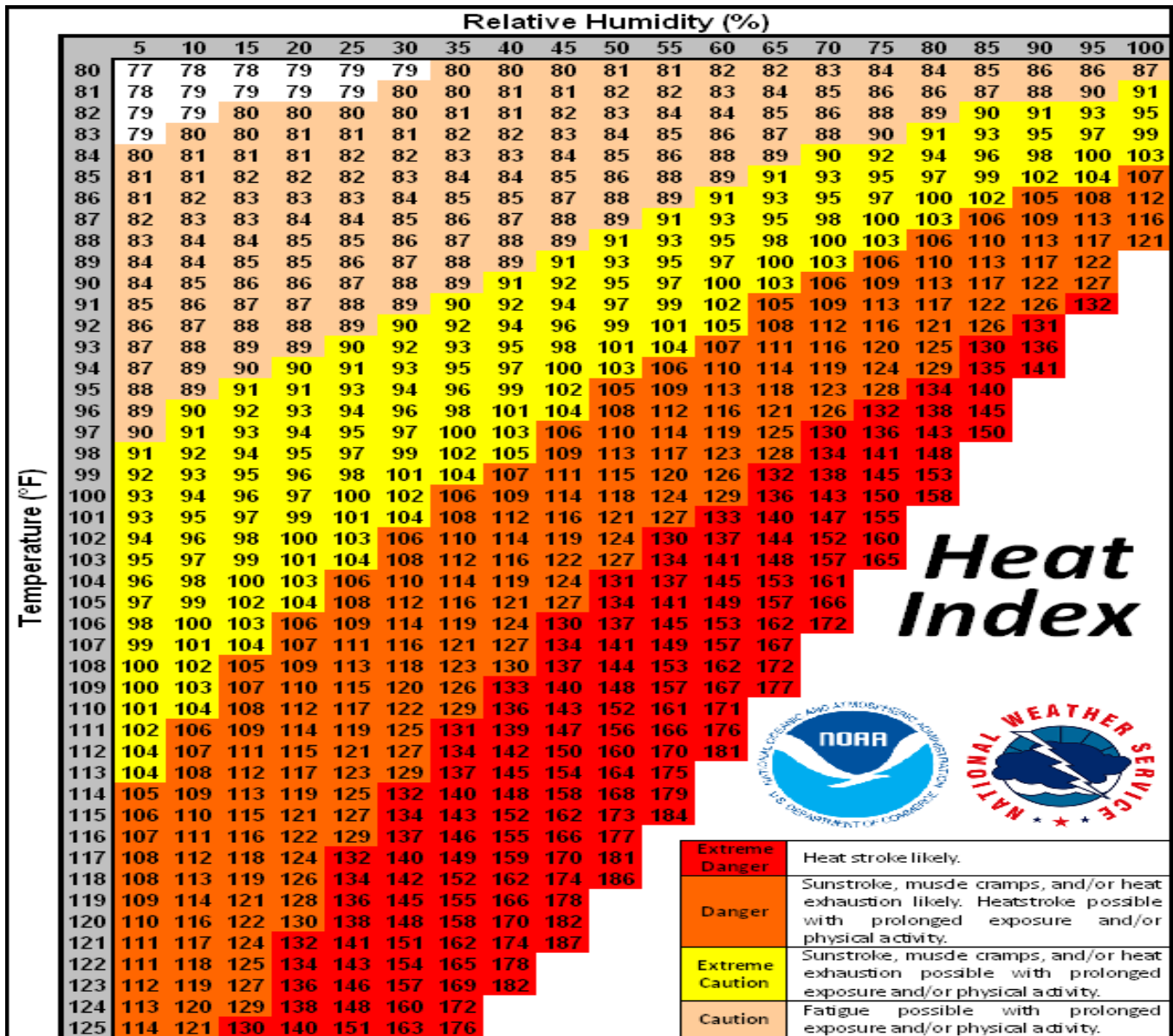
LAST REVISION: 8/24/15

CONTACT: Director, Administrative Leadership and Services – ext. 54951


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Extreme Danger	Inside Activity Only
Danger	Inside Activity Only
Extreme Caution	Shade and water breaks (3-5 minutes). Modified outdoor activity.
Caution	Outdoor activities with caution
If temperatures reaches 110 or above: Inside activity only	



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SAFETY GUIDELINES FOR STAFF

- Reduce the intensity and duration of physical activity initially and gradually increase exposure to allow students to grow accustomed to heat levels.
- Fully hydrate students prior to strenuous physical activity. Avoid caffeine and high sugar, carbonated drinks.
- Constantly provide cold water and schedule frequent rest periods where students are encouraged to drink 2-3 glasses of water.
- Plan strenuous outdoor activity for early morning or late in the day.
- Be aware of student’s chronic health issues and medications of students.
- Heighten surveillance of students with special needs.
- Be aware of students with certain conditions that are at a greater risk to heat stress. Included in these (but not limited to) are: cystic fibrosis, vomiting, diarrhea, fever, obesity, diabetes, chronic heart disease, caloric malnutrition, anorexia nervosa, sweating insufficiency syndrome.
- Replacement of lost fluids and periodic rest is essential to the health of the participant during hot and humid conditions.
- Check to see if student’s medication has specific precautions regarding heat, sunlight, etc.
- Use a “buddy system” where students are educated regarding symptoms and monitor each other.
- Implement extra precautions when playing on concrete or asphalt.
- Provide water on long, non-air-conditioned bus trips or encourage students to bring their own.
- Decrease the intensity of activities that last 30 minutes or more whenever relative humidity and air temperature (Heat Index) are above critical levels (HI of 90 or above). The higher the humidity, the more dangerous high air temperature is because of decreased evaporation of body sweat. **Note that full sun exposure can increase the Heat Index by as much as 15 degrees F.**
- Contact your school nurse if you have questions.

SIGNS AND TREATMENT FOR HEAT INJURY

Heat Cramps

- Painful spasms usually in the muscles of the legs and abdomen.
- Heavy sweating.

Heat Cramps – First Aid

- Firm pressure on cramping muscles, or gentle massage to relieve spasm.
- Give sips of water unless nauseated.
- Move to air-conditioned or fanned area.


Heat Exhaustion

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- Heavy sweating, moist and clammy skin
- Weakness/dizziness/exhaustion
- Fainting and vomiting
- May have a fever greater than 102 degrees
- Pupils dilated
- Headache
- Rapid, shallow breathing
- Nausea, vomiting or diarrhea

Heat Exhaustion – First Aid

- Body temp of 103-105 degrees
- Get victim out of the sun and into an air-conditioned area
- Lay victim down and loosen clothing
- Apply cool wet cloths
- Encourage sips of water unless nauseated
- If vomiting continues, seek immediate medical attention
- Call the parent or guardian if the child does not seem “back to normal” within a few minutes.

Heat Stroke – THIS IS A LIFE-THREATENING

- High body temperature (106° F or higher)
- Hot dry skin
- Rapid, strong pulse
- Face red/flushed
- Confusion or agitation
- Possibly unconscious

Heat Stroke – First Aid – CALL 911

Heat stroke is a severe medical emergency.

- Move the victim to a cooler environment
- Reduce body temperature with cool bath/sponging
- Remove clothing, use fans/air conditioner
- Offer cool water if conscious

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